Badminton Study Guide

History

Badminton was derived from Battledore (a paddle) and Shuttlecock games, which were played in China, Japan, India and Greece. A game called “Poona” in the 1860s played in India combined Battledore and Shuttlecock. Poona was a game, which added a net. In the 1870s the British army learned how to play Poona and brought it to England. This was a lead up variation to the game of Badminton.

In 1873 the Duke of Beaufort had a lawn party, which The Badminton Game was played. In 1877 the Bath Badminton Club was formed and developed the first official set of rules.

*The best shuttlecocks are made from the feathers from the left wing of a goose.

*Badminton was introduced into USA in the 1890s and became popular in the 1930s.

*Badminton is an Olympic Sport played first in the 1992 Olympic Games in Barcelona.

Scoring

A Match consists of 2 out of 3 games to 21 points.

Every time there is a serve a point is scored (Rally Scoring-like volleyball)

The side winning a rally adds a point to its score

Games must be won by 2 points: but at the 29th point the side with the 30th point wins that game.

The side winning a game serves first in the next game

When the server’s score is 0-0 or even, the server serves from the right service court. When the server’s score is odd, the server serves from the left service court.

Interval and Change of ends

When the leading scorer reaches 11, players have a 60 second interval.

A 2 minute interval between each game is allowed. In the third game, players change ends when the leading score reaches 11 points.

Doubles Play

At the beginning of the game and when the score is even, the server serves from the right service court. When it is odd, the server serves from the left court.

*If the serving side wins a rally, the serving side scores a point and serves again from the alternate service court.

*If the receiving side wins a rally, the receiving side scores a point, then gave service and become the new serving side.

* Players do not change their respective service courts until they win a point when their side is serving.
Doubles System of Play
1. Side by Side (Defensive positioning)- good for defending against a smash
2. Up and Back (Offensive positioning)-using front and back positions and allows player a better ability to put away any loose returns.
3. Combination of the two above systems. When the shuttle is hit up in the air, the side by side is used to defend the smash, then the up and back positioning is used in all other situations.

Singles Play

*First serve of the game from the right service court, as are all serves when the score is zero or an even number
*Server’s score is odd; serve is made from the left service court.
*If the receiver wins a rally, the receiver scores a point and becomes the new server. They serve from the appropriate service court.

Faults: Committed by the player or side receiving in a point for service.

1. Shuttle contacted on the serve is above the waist.
2. Shuttle on serve does not fall within boundaries.
3. Serve-Feet of serve and the receiver are not within the service courts. Feet on boundary line are considered out of bounds. Each being in their proper courts.
4. Before or during the serve any player feints or balks his opponents.
5. Shuttle contacts the wall, the ceiling, the player, the clothing; passes through or under the net; fails to pass the net; or does not fall within the court boundaries.
6. Reach across the net to contact shuttle, other than on follow-through.
7. Player’s person, clothing, or racquet touches net or supports.
8. Shuttle hit more than once in succession or is hit in succession by partners or caught on “slung” when struck. Wood shots and simultaneous striking of the base and feathers of the shuttle are legal if no slinging or catching occurs.
9. Player obstructs an opponent or invades an opponent’s court.
10. If the shuttle is not distinctly hit, but held momentarily on the racket.
11. If the shuttle hits any part of the player body.

General Rules
1. A serve may not be delivered until the receiver is ready
2. A serve which touches and passes over the net and falls within the
diagonal service court and a shot during a rally which touches and
passes over the net
and falls within the legal boundary lines are good.
3. Shuttles falling on the line are in bounds.
4. It is not a fault if serve completely misses the shuttle on the serve.
5. Let is called when receiver is not ready for the serve and when, after
passing over the net on a serve or a rally, the shuttle is caught in or on
the net. Player who served shall serve again.
6. Service out of turn or wrong service court and his side wins the rally,
it shall be a Let, provided that such let be claimed or allowed before
the next succeeding service is delivered.
7. The side winning a game shall always serve first in the next game.
8. Teams Change sides after each game

**Badminton Strategies**

*Try to get your opponent on the defense
*Hit the shuttle with an overhead stoke whenever possible
*Smash it!
*Identify and play your opponent’s weaknesses
*Hit the birdie so that your opponents only possible return is in an
upward direction
*Change your type of shots to keep your opponent moving
*Try to recover to your own court quickly
*See the whole court

**Terminology**

* **Alley**—An extension of the width of the court by 1 ’6” on both sides to be used in doubles play
* **Back Alley**—Are between the doubles back service line and the singles back service line
* **Back Court**—Back third of the court, in the area of the back boundary lines
* **Backhand**—The stroke used to return balls hit to the left of a right-handed player and to the right of a left-handed player
* **Base Position**—The location in the center of the court to which a singles player tries to return after each shot; also called “Centre position”
* **Baseline**—The back boundary line at each end of the court, parallel to the net
Bird (ie) - The object which flies in the air over the badminton court in place of a ball. Officially known as the shuttlecock. Referred to as a shuttle.

Block - Placing the racket in front of the shuttle and letting it rebound into the opponent’s side of the court

Carry - Momentarily holding the shuttle on the racket during the execution of a stroke
Also called a “Sling” or a “Throw”. Which is illegal.

Centre line - A line perpendicular to the net that separates the left and right service courts
Clear - High, deep shot to the back boundary line

Double Hit - Hitting the shuttle twice in succession on the same stroke, an illegal procedure

Doubles - Game of four players, two on each team

Doubles Sideline - The side boundary of a doubles court

Down - Loss of serve given when the serving side fails to score. In doubles, the first side to serve

Drive - A fast and low shot that makes a horizontal flight over the net

Drop Shot - A finesse stroke, which is hit softly and drops close to the net in the opponent’s court

Fault - Violation of playing rules

Feint - A fake

Flick - A quick wrist and forearm rotation used to surprise an opponent by changing an apparently soft shot into a faster passing shot

Forecourt - The front third of the court, between the net and the short service line

Forehand - The stroke used to return a ball hit to the right of a right-handed player and to the left of a left handed player

Game - The part of a set completed when one player or side has scored enough points to win a single contest

Hairpin Stroke - resembles the shape of a hairpin. When a shot is made from below and very close to the net and causes the shuttle to rise, just clear the net, and then drop sharply down the other side.

Hand Down - Loss of serve in doubles. The first serving side has one hand down, thereafter each side has two hands

Half court Shot - A shot hit low and to midcourt, used effectively in doubles play against the up and back formation

High Clear - A defensive shot hit deep into the opponent’s court

Home Position - Ideal court spot for awaiting the opponent’s return, usually at midcourt near center line

“In” side - Side having the right to serve

Inning - Term of service

Kill - Fast downward shot that cannot be returned

Let - A minor violation of the rules allowing a rally to be replayed

Lob - Also called a clear, high clear, or a driven clear that goes over the opponent’s head

Long Service Line - In singles, the back boundary line. In doubles a line 2-1/2 feet inside the back boundary line. The serve may not go past this line.

Love - No score

Match - Best 2 out of 3 games

Midcourt - The middle third of the court, halfway between the net and the back boundary line

Mixed Doubles - Games played with partners of the opposite sex

Net Shot - A shot hit from the forecourt that just clears the net and drops sharply

Odd and Even Courts - In singles, the right half of the court is “even” and the left half is “odd”. When the server’s score is zero or an even number, the serve is taken from the right hand service court. When the score is an odd number, the serve is taken from the left service court

“Out” side - Side receiving the serve

Passing Shot - A shot which passes the opposing player or team

Push Shot - A gentle shot played by pushing the shuttlecock with a little wrist motion

Rally - The exchange of shots that decides each point

Ready Position - A body position which will allow you to move in any direction quickly
Serve-The stroke used to put the shuttlecock into play at the start of each rally: also called a Service
Service Court-The area into which a service must be delivered. Different for singles and doubles
Set-To choose to extend a game beyond its normal ending score if the score is tied with one point to go
Set Up- Poor shot which makes a “Kill” easy
Short Service Line-The front line of the service courts 1.98 meters from the net.
Shuttlecock-Official name for shuttle or bird (ie)
Singles-Game involving 2 players, one on each side of the court
Singles Sideline-The side boundary of a singles court
Sling or Throw-catching the shuttle on the strings of the racket or drawing the racket away from the shuttle as it is stroked. This is a fault
Smash-A hard hit overhead shot that forces the shuttle sharply downwards into the opponent’s court
Stroke-Action of striking the shuttle with the racket
Wood Shot-A legal shot in which the shuttle hits the frame of the racket

Stroke As Determined By Bird Flights

1. Drive-A powerfully hit forehand or backhand stroke, which just clears the net. It is a difficult shot to return because the shuttle’s trajectory is a straight line.
2. Clear-The clear is a strike, which sends the shuttle high over the opponent’s head and drops near the backcourt boundary line. It may be hit with an overhead or underhand stroke and may be used for offensive or defensive.
3. Smash-The stroke is a hard hit overhead stroke with a fast downward path. It is a chief attacking stroke.
4. Drop Shot-The shot is one in which the shuttle is stroked over the net so it drops very close to the net.

Basic Strokes

1. Serve*-Long Serve-Use a long back swing to sent the bird into opponent’s back court but within serving area.
   **Short Serve-Use a deceptive stroke with a flat arc so the bird skims the net and drops into the court near the service line (preferably in the corners).
2. Forehand-For right handed players, a stroke hit when the shuttle is on the right side of the body.
3. Backhand-For right handed players, a stroke hit when the shuttle is on the left side of the body.
4. Overhead-A Stroke in which the bird is contacted “Over Head” and ahead of the body.
5. Round the Head-An overhead stroke played on the left or backhand side of the body.

Stroke Trajectories: www.badminton-information.com
Attacking Clear

Overhead trajectory

Defensive Clear

Overhead trajectory

Drive

Drive trajectory

Smash!

Net Shot

Hairpin Net Shot

Drop Shot